

Harrison High School Cross Country Handbook 2017



August 1, 2017

Hoya Runners and Parents!!

Welcome to the 2017 season. The upcoming season is one that holds a great deal of promise and some huge challenges. We have been working hard all summer to get prepared for this season.

We want to build on our successes from last season. The girls are out to defend their region and STATE championship and the boys want to get that trophy back. Both teams also seek a PODIUM finish at the State meet. On paper, we have a very good team. But on paper is simply about potential and success is achieved when hard work and potential come together. So be prepared to work hard this season.

In this handbook, you will find all the information about our team, our sport, and the upcoming season. Please make sure you read through it carefully and understand our policies and procedures.

We appreciate our booster club. They provide support to our program in so many ways. They organize our team building activities, set up our camp at meets, plan our out-of-town trips, purchase needed equipment, and provide financial support for our program.

Being a part of the HHS XC team is an honor. This is a challenging sport and our athletes are tough and dedicated. We train hard, work hard, compete hard, and play hard. So enjoy the journey and be ready for an exciting season. See you on the trails!!

Coach Simmons © (770) 595-9987 (h) 770 509-1754 simkent@aol.com

Coach Scott © (404) 822-3917 hoyarelay@hotmail.com

Coach Dunn © (770) 846-7142 coachdunnxc@gmail.com

Coach Bonanni © (770) 596-7874 merbonanni@yahoo.com



Harrison XC Booster Club, Inc.

We are looking forward to the upcoming 2017 season where our girls team will attempt to defend their state championship and the boys will hopefully compete for a championship! With over 100 athletes representing our school, we pride ourselves on giving them the opportunity to compete with the very best in the country. We have two out-of-state trips planned for this fall. The varsity team will travel and compete in a **select race in October at Disney**. The entire team will be traveling to **Ponte Vedra, FL in September**.

The booster club and coaches began planning for the fall season back in January. The booster club serves as a support system for the athletes and the coaches. The fees for the booster club provide the funds necessary for meet entries, snacks, equipment and salaries for the coaches. Our booster club is unique in that we do not require our athletes to participate in fundraisers. Our funds come from the booster club dues and donations.

We need your help in continuing the Harrison Cross Country tradition of success. Our dedicated coaches have a reputation for building excellence in our athletes both on and off the trails. We will have a GREAT team this year! We look forward to working with your family this fall!

Sincerely,

Scott Moody
Booster Club President
hoyaxclub@gmail.com

General Cross Country Terms and Information

Cross Country Terms

- **PR—Personal Record.** Running your fastest time on a distance, course, or at an age (for those of us older runners). “Jeremy McClung ran a PR at Region.”
- **Loop course**—a course that basically follows a large circle. Some courses are 2 or 3 loop courses. Carrollton is a double loop course.
- **Strides**—gradual acceleration to a sprint then a deceleration. These should be 75-100 meters in length and should be completed after a long run. They help with form and with speed.
- **Hydration**—ensuring your body has enough water so that you can perform at your best.
- **Drills**—Form drills that help athletes with proper form. Other drills are for injury prevention.
- **Rowbury**—our warm-up routine based on Shannon Rowbury’s routine.

How to score a Cross Country Meet.

Cross Country is a unique sport in that you can have individual winners and team winners. Individual winners are obvious. Team scoring is a bit more complicated. In a typical meet seven runners will race and the top five runners score. To get the team score, you will add up the finish places for the top five runners. For example, a perfect score is a 15. The team with the lowest score wins. If there is a tie then you go to the 6th place finisher. Also the 7th runner is important in bumping other teams back a spot in the scoring. It is important to remember that each runner is important and that your spot could be the one to determine how the team finishes.

Equipment: Shoes and Socks and a Watch

Cross Country is a sport that require very little in the way of equipment. Other than apparel there are 3 essential pieces of equipment each Hoya runner MUST have.

- **Shoes**—Make sure you have RUNNING shoes. You must take care of your feet. Cross-trainers or other non-running shoes will lead to injuries. A general rule of thumb for running shoes is they last about 5-6 months and about 400 miles (whichever comes first).
 - **Spikes**—some runners prefer to have racing spikes for their races. These offer lighter shoes as well as better traction in a race. They are not to be used for training.
- **Socks**—Socks are also important especially to prevent blisters. Use socks that have proper cushioning and help with moisture control. Socks come in shoe cut, ankle cut, and then normal length. We recommend ankle cut socks as we have seen numerous painful blisters arise with the shoe cut style.
- **Watch**—Our workouts require each athlete to have a watch with a chronometer (stopwatch). The Timex Ironman watches have everything you need and are inexpensive.

Injury Treatment

Stretching is the most common form of injury protection. It is important to stretch both before and after running. Listed below are the most common injuries and how to treat them.

- **Sore muscles** are the most common injury runners face. Ice and Ibuprofen are the best remedies.
- **Blisters** are another common injury. Drain the blister (but don’t peel away the skin) then use a gel type skin to treat the blister. Ideally you want them to become a callous. Coach Scott is the blister guru and will help any athlete who has blisters.
- **Shin Splints** are one of many overuse injuries. Shin splints are the inflammation of the muscles around the shin. Exercise by pointing your toes on the affected leg and draw the alphabet. Ice also helps reduce the pain.
- **Stress Fractures** are typically the result of too much too fast. Be patient with your body and pay attention to your sore spots. Proper training in the off-season is the best way to avoid stress fractures.

- **Dehydration or heat exhaustion** can be avoided by proper hydration. Pay attention to the warning signs such as dizziness, cold sweats, and nausea.
- **Overhydration/Hyponatrimia** can occur by drinking simply water. Your body needs electrolytes to provide energy so we recommend that you mix or alternate water with a sports drink. Look at the label for sodium/salt content. Pedialyte, Accelerade, Gatorade, Powerade all provide electrolytes.
- **Anemia** is a common problem for cross country athletes. The symptoms are general fatigue and listlessness. Typically females are susceptible to anemia but males can experience it also. It is caused by a lack of iron in the diet. Make sure you eat some red meat each week and/or taking a vitamin supplement with iron in it. PLEASE SEE ADDITIONAL INFORMATION ON IRON INTAKE>
- **Plantar Fasciitis** is general foot soreness that is related to either overuse or improper shoes. Make sure your shoes support your feet properly. A general rule is 300-500 miles or 5-6 months.
- **Sore Knees** typically occur when you have new shoes. Please make sure you get shoes that properly fit your feet and that match your running style.
- **Other Overuse injuries** are sore knees, joints, and stress fractures. It is important to communicate with the coaches about any soreness or injuries you may be experiencing.
- **TALK TO YOUR COACHES ABOUT INJURIES:** Keep us informed about what is hurting you so we can adjust your workouts accordingly.

How to be a spectator

- Bring a comfortable chair. Find a spot where the athletes run by numerous times.
- Yell like crazy when they pass. They love all the cheering and excitement.
- Get a watch and time splits. You can see how well an athlete is doing by looking at their splits.
- Do not run beside the athletes. This is considered pacing and can result in the disqualification of the athlete from the competition.
- Do not touch the athletes during a race. (Obviously someone in need of medical attention is already out of the race so it is ok to help at that point.)

DIET

A proper diet is critical to the success of a cross country athlete. It is important that you provide your body with the proper type of fuel it will need for our workouts. Carbohydrates are ideal for the cross country athlete. It helps you reserve water.

Good items: Fruits—especially bananas, bagels, red meat (to avoid anemia), pasta, vegetables, water, chickpeas, spinach (another good iron source).

Things to avoid: Soft drinks, candy, junk foods, fried foods.

Uniforms

Uniforms are the responsibility of the athlete. A uniform can be purchased for \$45-\$55 depending upon the level of the athlete, which includes a singlet and a pair of shorts.

Cross Country on the WEB

<http://www.hoyatfxc.com> The HHS Cross Country and Track and Field Website

<http://www.facebook.com/hoyaxc> our facebook fan page

<http://ga.milesplit.com/> Georgia Track and Field and Cross Country Website.

<http://www.dyestat.com/> The Internet home of high school track and cross country

www.flotrack.org Great website with information, videos, and tips.

<http://letsrun.com/> Information about the world running scene

Parents Guide to HHS Cross Country

It is HOT in Atlanta in August and September so we do our best to take precautions regarding the heat. At practice, we use a Wet Bulb according to the guidelines established by the Cobb County BOE. If necessary, we will either cancel practice or adjust the workout according to the conditions. The athletes need to also be aware of their own hydration and how their body is reacting to the heat. We practice in the heat so the athletes are prepared for the competition in the heat. We do provide water and Gatorade at practice and the meets.

There are to be no private coaches of our athletes during the season.

The athletes must conform to GHSA rules regarding uniforms, sportsmanship, and fair competition.

The booster club provides funds that help support the HHS XC program in many ways. The booster club funds team shirts, incentive shirts, the banquet, Gatorade, supplements the coaches, supplements the out of town trips, and numerous other social activities and functions. Please join ASAP.

We encourage you to take photos of the athletes in action. You can share any photos you take with the team by getting them to Coach Scott.

HHS XC has a reputation for exhibiting good sportsmanship. As you watch a meet, encourage ALL Hoya runners and respect our opponents. XC runners generally have a mutual respect for each other and focus more on encouraging each other. If there is a problem or concern with the officials or other competitors at the meet then direct your concerns to the coaching staff and we will address it with the officials.

Pre-Race—The coaching staff requests that 20 minutes prior to a race is considered “coaches” time. Please do not come to the start line with your athlete. Allow the coaches to offer any last minute tips.

Please respect the decisions of the coaching staff regarding strategy for a particular race. We sometimes may try a different strategy or move people into different races in order to prepare us for our region or state competition. If you have any concerns about our strategy, then please direct your concerns to us.

Out of town trips. There is an additional cost for these trips.

- All qualified members of the team will travel to the Ponte Vedra Invitational in Jacksonville, FL on September 15-16. Qualified members are those athletes who have demonstrated the ability to run 3 miles without walking and are in good standing on the team (related to behavior and tardies/absences from practices and meets).
- The top 8 (as determined by the coaches) varsity athletes will travel to Orlando, FL to compete in the Disney Invite on Oct 6-8.

The coaching staff is very proud of our program and believes that it represents the best student-athletes at Harrison High School and in the state of Georgia. Our athletes are leaders on the field of competition and in the classroom. Being a member of the team is an honor.

DIRECTIONS TO MEETS

CHEATHAM HILL

Take Dallas Highway East towards Marietta. Turn Right onto John Ward Road. Go approximately 1 mile then Turn Left onto Cheatham Hill Road. The parking lot is ¼ mile on the Right.

LOST MOUNTAIN PARK

Take Dallas Highway West until you reach LMP on your left. Approximately 2 miles west of The Avenues.

MCINTOSH NATURE PRESERVE

1046 W McIntosh Cir, Whitesburg, GA 30185

Follow Hwy 92 South to Douglasville. Turn Right onto Hwy 78 West go about 2 miles to Bright Star Road. Turn left onto Bright Star Road which will become Hwy 5 South in about 3.5 miles. Follow Hwy 5 South for 13 miles until you reach Burnett Rd./McIntosh Circle. Turn Left and the park will be about 2 miles down this road.

BERRY COLLEGE

Hwy 41 north to Hwy 411 (S) turn right. Drive about 17 miles then take a right at light onto East Rome Bypass, also called Rome Loop 1 (sign reads “to Highway 293” because you will later pass Highway 293). Drive about 8 miles then take a right at light onto Martha Berry Highway (US Hwy 27 North) (you will see Oak Hill and the Martha Berry Museum at the intersection). Drive about ½ mile then take a left into Berry College main entrance.

BOLING PARK

I 575 north to Exit 16 (Highway 20) West. Follow road until it dead ends into Marietta Highway. Turn right and go across the bridge. The entrance to the park will be immediately on your left. Go to the very back of the park. You will pass soccer fields and ball fields.

ALLATOONA CREEK PARK

From HHS, turn right from school. Turn right on Mars Hill Road. Follow for 3.5 miles and turn LEFT onto County Line Rd. Proceed to follow County Line for about 0.8 miles. Old Stilesboro Rd will be on your RIGHT. Turn onto Old Stilesboro. At the bottom of the hill will be a Parking lot on the RIGHT. Park and get ready to Run!

CASS/CARTERSVILLE...DELLINGER PARK

Hwy 41 North to Cartersville. Turn left on Main Street. Drive through town and look for Indian Mounds sign. Bear left onto West Main...this becomes Etowah Drive. Follow signs to Indian Mounds and look for Pine Grove Rd on the right. There will be signs for the park. Follow that road until you see the park on your left (100 Pine Grove Rd).

PONTE VEDRA INVITATIONAL and DISNEY INVITATIONAL

Follow the Bus ☺

WINGFOOT INVITATIONAL

Sam Smith Park, Cartersville, GA

GAINESVILLE

I-85 North to I-985. Follow I-985 to Exit 16—Oakwood Exit. Turn left at the light and go under 985. You will go approximately 1 mile and take the second entrance into Gainesville College. Turn right and parking will be on the left approximately 1 mile.

STATE MEET/CARROLLTON

I-20 West to Exit # 24 (Highway 61). Turn left onto Hwy 61 South. Hwy 61 merges into Hwy 166. As you approach the intersection you will see a shopping center with a Longhorn Steakhouse on the left. Turn left onto 166 bypass towards Bowdon. Go under US 27 and turn right onto Stadium Drive.

2017 Cross Country Expectations

Expectations, requirements, and policies. Effective August 1-November 5, 2017

- **DRESS CODE (practice):** All athletes are expected to follow our dress code.
 1. All shirts are to stay on during warm-up and stretches. You may remove your shirt once the workout has begun. Once you are done with the workout then you must wear your shirt.
 2. No rolling of shorts for any reason. If your shorts do not fit then get new ones.
 3. Consequences—you will not be allowed to practice off campus for one day and if it is a persistent problem then you will meet with the coaches to discuss your status on the team.
 4. **NOTE:** Rule #1 applies only at off campus practices. On campus practices require wearing shirts at all times. Rules 2 and 3 apply at all times.
 5. All athletes are **required** to have a watch with a chronograph and to wear it to practice daily.
- **DRESS CODE (meets)**
 1. Athletes will wear sweats to all meets.
 2. Athletes will wear Harrison XC spirit wear at meets and during any award ceremonies.
 3. No compression shorts may be worn underneath uniforms.
 4. NFHS rules state that no uniform shorts can be rolled.
 5. Consequences—you may not be allowed on the bus to the meet or to participate in any of the meet activities.
- **PRACTICE:**
 1. Athletes are expected to be at ALL practices ON TIME.
 2. If you are absent from school for over ½ the day then you cannot practice.
 3. All athletes are expected to clean up any discarded cups and trash after practice.
 4. Athletes who are unable to participate in practice due to injury or disciplinary action must report to the designated location.
 5. Athletes must properly stretch, do drills, and strides before dismissal from practice.
 6. Any athlete who has allergies is responsible for letting the coaches know and for their epipens.
 7. **WALKING:** Hoyas don't walk. All team members are expected to run during the entire practice. If an athlete has an injury or a concern then they must talk to the coaches BEFORE practice. If you are caught walking during practice then you will be sent to a specific location and the coaches have the option of holding you out of the next meet. If it is a persistent problem then you will be dismissed from the team.
- **ATTENDANCE PROCEDURES**
 1. Attendance will be taken at all practices, meets, and meetings. If you are unable to attend you are expected to inform Coach Scott or Coach Simmons BEFORE practice. The only excused absence is illness that causes you to miss school. All doctor appointments (unrelated to XC injuries) and extra-curricular activities are unexcused absences.
 2. **ATTENDANCE:** You are expected to be at every practice (including morning practice unless you have been approved by the coaches). If you miss a practice then the coaches have the option of holding you out of the next meet.
 3. Three (3) unexcused absences from practice may result in dismissal from the team.
 4. In order to run a meet, you must have NO unexcused absences on the week of the meet.
 5. Athletes are expected to be at practice on time (3:45 on campus/4:15 off campus). Excused tardies only relate to academic issues...make up tests, extra help, etc. These MUST be communicated to Coach Simmons/Scott PRIOR to practice that day (in writing or in person) otherwise it will be considered unexcused.
 6. Athletes are expected to be at the full practice. Leaving early will count the same as being tardy. Please communicate with the coaches when you have to leave early. Three unexcused early departures will count as an unexcused absence.
 7. **IN ORDER TO RUN A MEET, YOU MUST ATTEND PRACTICE THE DAY BEFORE UNLESS YOU HAVE PRIOR APPROVAL FROM COACH SIMMONS OR SCOTT.**

- **BEHAVIOR:** Athletes are expected to behave properly at school, practice, meets, and at home.
 1. Athletes are expected to eat properly, keep themselves and their bodies in top shape. The use of drugs, tobacco or alcohol impairs an athlete from competing at their highest level and hurts the team. Cobb County School District adopted a policy regarding behavior for extra-curricular activities (Rule JICDD—Code of Conduct). Parents and athletes have received this and signed for it. Cobb County policy will be followed in these circumstances.
 2. Athletes are expected to be leaders in the classroom. They must maintain good grades and exhibit appropriate behavior in the classroom. Any athlete who is struggling academically (any Ds or Fs) will not participate in the out of town trips without the permission of the teacher AND the coaches.
 3. A suspension from school for inappropriate classroom behavior towards a teacher, administrator, or another student will result in disciplinary action.
 4. All athletes are expected to conduct themselves properly during practice, meetings, while traveling, in competition, and at meets. This includes displaying good sportsmanship towards competitors, officials, and fellow teammates. If you are not running, then you should be cheering the team on to victory. Treat coaches, captains, officials, bus drivers, and chaperones with proper respect.
 5. Since we practice off-campus, all athletes are expected to drive safely both to and from practice. Any reckless driving witnessed by the coaches, parents, or other athletes is subject to disciplinary action or dismissal from the team.
 6. Any inappropriate behavior that occurs at a meet or a cross country function will result in disciplinary action including suspension from the team.
 7. **SOCIAL MEDIA:** Any posting on social media that is vulgar, unsportsmanlike, inappropriate, or in any way reflects poorly on our team will result in disciplinary action.
 8. Hazing is not tolerated on our team.
- **GENERAL INFO:** All athletes are expected to be well rested, properly hydrated (drink a minimum of one bottle of water during the day), and prepared for each meet and practice.
 1. All athletes are a part of a team. During a competition, you are expected to give your best until your race is over. That means **NO QUITTING!!!** If you quit, then you have let down yourself, your team, and your coaches. Quitting does not necessarily mean dropping out of a race. It could be settling for a spot rather than pushing through and making other competitors work harder. Remember you represent the Hoyas. It is an honor to wear the uniform so you should expect the best out of yourself, your teammates, and your coaches.
 2. In order to run your first meet, you must have attended practice for at least one week and be in decent enough shape to compete as judged by the coaches.
 3. **Any athlete participating in a winter sport (Basketball, Swimming, Wrestling) must complete their season with Cross Country before they will be allowed to start practicing the winter sport. They will have tryouts for Fall Sports Athletes.**
 4. Remember you are a **STUDENT**-Athlete so watch your grades and classes.
- **MISCELLANEOUS INFORMATION**
 1. We practice every day rain or shine. If weather dictates a cancellation, the coaches will make that call at practice.
 2. Practice starts on campus at 3:45 each day...off campus at 4:15. Please have your transportation home by 6:15 so the coaches can get home to their families.
 3. If while running you hear thunder or see lightening, immediately head back to the starting point of your run.
 4. Captains are Zach Ziegler, Adam Blankenbecler, Jacob Pitchford, Kayli Moody, Jadyn Sethna and Amanda Lambert
 5. No road-racing during the season without approval from the coaches.
 6. All athletes ride the bus to the meets. You may ride home with your parents at the conclusion of the meets **AFTER** cooling down with your team, **AFTER** checking out with a coach, and **AFTER** fulfilling your clean-up responsibilities.
 7. We communicate through email, the XC webpage (www.hoyatfx.com) and the captains relay information via the HHS Instagram page. We also use Twitter, Facebook and Remind 101 as ways to communicate. On Sunday nights, we send a team email outlining the plans for the week. Please check your email on Sundays and visit the webpage regularly.

2017 HHS XC Team Qualifying Guidelines

1. All athletes will be given an equal opportunity to qualify for the team.
2. Coaches will determine the number of athletes of each gender that will be selected for the 2017 HHS XC Team.
3. 1 Time Trial will be held. All who wish to try out for the team will run the Time Trial.
4. In order to run the time trial, you must have given Coach Scott a summer running log.
5. Time Trial is Friday August 11th at Allatoona Creek Park
 - (a) Qualifying for the team will be determined by:
 1. At least 50% of the team will be comprised of Freshman and Sophomores
 2. Coaches Discretion based upon, but not limited to:
 - a. Previous Year's Individual Ranking within the team
 - b. Commitment to team
 - c. Potential for improvement and contributions to team. NO ONE RIDES FOR FREE.
 - d. Work Ethic in practice
 - e. Performance at the Time Trial.
 - f. Seniors who are not Varsity athletes are expected to contribute through leadership on the team.

The HHS XC Coaching Staff holds the right to select the team that will best represent the quality of competitiveness and integrity of the HHS XC Program. It is the Coaching Staff's goal to create a Competitive atmosphere to compete at the highest possible level while teaching our athletes the rewards of individual hard work and commitment.

Letters and Incentives

Cross Country Letter Requirements 2017

Earning a varsity letter represents accomplishment in the sport. In order to receive a Varsity letter in cross-country, you must participate in at least five (5) competitions and meet one of the following requirements.

1. Any athlete who runs as a Varsity runner in either the region or state cross-country meet.
2. An athlete who meets a time standard in a cross-country meet (5K--3.1 mile course) and also shows team spirit, a strong work ethic, proper behavior, and is a member in good standing. For boys, achieve a time of 18:45 on a 5K (3.1 mile) cross country course. For girls, achieve a time of 22:15 on a 5K (3.1 mile) cross country course.
3. A varsity letter can be earned by finishing in the top 10 overall finishers at the JV Region meet.
4. A varsity letter can be earned by finishing in the top 15 overall team rankings at the end of the season. Please note that if the coaches hold out the top runners in a particular race...the rankings will start with the number held out. For example...if the top 7 are held out then the rankings will start with 8. JV races are combined with varsity in determining team rankings.
5. The coaches reserve the right to award a varsity letter to an athlete based on their contributions to the team.
6. All varsity lettering athletes must display a strong work ethic, proper behavior, and team spirit along with their participation and be in good standing in all practices and meets.

***Any athlete who is unable to finish the season due to injury yet has met the time standard MUST attend all meets, events, and practices AS DESIGNATED BY THE COACHES.

Time incentive T-shirts

Time incentive T-shirts will be given to athletes based on their best competitive time during the season. For boys, the T-shirts will be given for 17:00, 16:00 and 15:00 minute club. For girls, the T-shirts will be given for 20:00, 19:00, and 18:00 minute club.

RAN MY PLAN Summer incentive

Athletes who

- Successfully ran their plan and pre-summer plan (June-August) and
- Have documentation in the form of a running log (either paper or on-line)
- Demonstrated fitness by successfully running the time-trial without walking will receive a special "Ran My Plan" summer T-shirt.

XC 101: How to Prepare for A Cross Country Meet

The Night Before

1. Eat a good dinner
 - Don't try anything new, it might upset your stomach.
 - Carbo Load – pasta is great for a pre-race meal; add some protein as well
 - Drink plenty of water!
2. Pack your bag
 - Spikes & racing flats (if you have them); wear your training shoes
 - Extra socks & t-shirt
 - Sweats (it is cold before the sun comes up) – wear them over your uniform
 - Band-aids or Advil (if needed)
 - Towel, Water bottle, dry clothes, money for meals or t-shirts
3. Get rest (at least 8 hours)
 - Go to bed early, because you will be getting up early.
 - Think positive thoughts about your race before going to sleep. Visualize your goals.

Race Day

1. Wake up with plenty of time. Being rushed causes unnecessary stress.
2. Eat breakfast!
 - You can't race well on an empty stomach & you have at least 2 hours for your food to digest.
 - Suggestions: whole grain cereal, bagel, peanut butter, fruit (especially bananas)
 - Avoid Milk and OJ. It can really upset your stomach.
 - Drink both water and sports drinks!
3. What to wear
 - Uniform with sweats (or pants & an XC t-shirt) over it.
 - Training shoes (don't forget to pack your spikes)
4. Be on time! The bus leaves promptly from the Harrison busport.
5. Arriving at the meet
 - Help the team carry stuff from the bus & set up the campsite.
 - Learn the course
 - Warm-up & stretch with the team (wear sweats & training shoes during warm-up).
 - Get to the bathroom with plenty of time to spare.
 - Get your racing numbers/chips from the coaches.
 - Stay out of the sun.
6. The Pre-race Warm up
 - You should start your warm-up 45 minutes before your race.
 - A minimum of 10 minutes warm-up and you should run the last ½ mile of the course if possible.
 - Go to the bathroom
 - Do your dynamic stretches (Rowbury)
 - Talk to your coaches about any questions you have

7. Race time (15 minutes until start)

- Put on your racing shoes (SPIKE UP) and double knot them.
- Make sure your racing chip is securely fastened to your shoe(s).
- Be at or near the start 10 minutes before your race.
- Make sure you are properly warmed up.
- Do some long strides to get your heart rate and breathing prepared.
- Do drills and last minute stretches.
- Make sure you have broken a sweat.
- Do your best & have fun!

8. Race Strategy

- Get out cleanly, fast but under control. Make sure you are in the race.
- When passing someone...do so with authority.
- If someone is passing you...make them work hard. You may not impede them but you can hold your spot and make them earn the pass. (But don't get passed!!!)
- High knees and arm pumps up hills (Hips to heart!!!)
- Down hills...lean forward, butt kicks, on your toes...not heels.
- Around curves are easy times to pass people. Look to sling shot around them or cut inside if it is open.
- When it starts to hurt...push harder...everyone else is hurting also.
- Be aware of the race...don't get boxed in, pay attention to the people around you. Look for the next person you can pass.
- Don't fall asleep in the race. Stay focused and mentally tough. Get tough.
- Close gaps...it is easier to stay with someone than to try and catch up!!
- With about 800 meters to go...think about your kick and who you plan to pass. Make sure you are aware of who is trying to pass you.
- Run through the finish line....don't stop at the finish

9. After your race

- Put your team t-shirt on.
- Cool down with your teammates (with training shoes on, not spikes)
- Cheer on other teammates during their races & rehydrate
- Check out with coaches, if you are leaving with your parents
- Varsity Athletes complete your post-race assessment.

HOYA CROSS COUNTRY HISTORY AND HONORS

STATE RESULTS

Individual Boys Top Ten

Austin Sharp 9th--1992
 Giovanni Pipia 4th--1994
 Robert Loerke 9th--2003
 Ryan Brock 8th 2013

Individual Girls Top Ten

Kari Velasco 2nd—1992, 7th--1994, 5th--1995
 Veda Milani 3rd--1993
 Michelle Brewer 3rd—2000, 1st--2001
 Jessica Brewer 2nd--2001
 Jillian Lammers 5th—2000, 5th—2001, 6th—2002, 3rd—2003
 Kendell Goett 7th—2001
 Kylie Foley 6th—2005
 Kaylee Isaacs 1st—2011
 Kira Stanley 2nd—2016
 Alex Lacy 9th--2016

Individual State Champion: Michelle Brewer 2001, Kaylee Isaacs 2011

State Team Result

Year	Boys	Girls	Year	Boys	Girls	Year	Boys	Girls
1992	6 th	6 th	2002	9 th	5 th	2012	13 th	11 th
1993	9 th	4 th	2003	10 th	6 th	2013	3 rd	8 th
1994	7 th	6 th	2004	DNQ	10 th	2014	14 th	5 th
1995	8 th	5 th	2005	13 th	2 nd	2015	20 th	7 th
1996	8 th	6 th	2006	DNQ	12 th	2016	7 th	1 st
1997	13 th	??	2007	14 th	10 th			
1998	15 th	13 th	2008	6 th	5 th			
1999	8 th	8 th	2009	15 th	5 th			
2000	5 th	1 st	2010	12 th	5 th			
2001	16 th	1 st	2011	14 th	2 nd			

REGION RESULTS

Boys Region Champs (7 times): 1992, 1994, 1997, 2000, 2001, 2010, 2011

Girls Region Champs (18 times): 1992, 1993, 1994, 1995, 1999, 2000, 2001, 2003, 2005, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016

Individual Region Champions: Kaylee Isaacs 2011 Nat Estes 2010
 Caroline Oshust 2006 Austin Sharp 1992
 Kylie Foley 2003
 Michelle Brewer 2000, 2001
 Kari Velasco 1992, 1994

INDIVIDUAL RECORDS

Certified 5K cross country course

Boys	Ryan Brock	15:52.02	2013 Gene Mullin Invitational	Furman University
Girls	Kaylee Isaacs	18:35.32	2011 Great American	Wake/Med Soccer park

Atlanta Track Club All-Metro Team

Kylie Foley 2004, 2005	Robert Loerke 2003
Jillian Lammers 2000, 2001, 2002, 2003	Carter Parrish 2000
Michelle Brewer 2000, 2001	Ali Waterson 2009
Jessica Brewer 2000, 2001	Kaylee Isaacs 2011
Kendell Goett 2001	Kira Stanley 2016

Harrison High School Hall of Fame Selections

Michelle Brewer 2011

2000 and 2001 Girls State Champions team 2012

Jillian Lammers 2017

Jessica Smith 2017

TEAM MVR

Year	Boys	Girls
1992	Austin Sharp	Kari Velasco
1993	Austin Sharp	Vita Milani
1994	Giovanni Pipia	Kari Velasco
1995	Danny Dellegrazio	Kari Velasco
1996	Clay Moore	Anna Wells
1997	Nathan Deeter	Anna Wells, Katie Flewellyn
1998	John Davenport	Whitney Norris
1999	John Davenport	Amy Wells, Adrienne Ott
2000	Carter Parrish	Michelle Brewer
2001	Andy Smith	Michelle Brewer
2002	Derrick Zinnerman	Jillian Lammers
2003	Robert Loerke	Jillian Lammers
2004	Brendon Banes	Kylie Foley
2005	Brendon Banes	Kylie Foley
2006	Jakob Roedel	Caroline Oshust
2007	Jacob Roedel	Katherine Bickley
2008	Ryan Burruss	Ali Waterson
2009	Dan Ryan	Ali Waterson
2010	Nat Estes	Kaylee Isaacs, Maria Boff
2011	Jeremy McClung	Kaylee Isaacs
2012	Ryan Brock, Adam Watt	Elyse Bray
2013	Ryan Brock	Audrey Smith
2014	Spencer Borchelt	Mattie Rountree
2015	Grayson Rolf	Kira Stanley
2016	Grayson Rolf	Kira Stanley

Ray Buckley Award for Outstanding Female Cross-Country Athlete (ATC)

Michelle Brewer 2001

Paul Koshewa Award for Outstanding Dedication Women's Coach (ATC)

Bob DeMenna 2001, Jason Scott 2016

Marietta Daily Journal Cross Country Athlete of the Year

Jillian Lammers 2003

Michelle Brewer 2000, 2001

Kaylee Isaacs 2011

Kira Stanley 2015, 2016

ATC Patty Foell Scholarship Award Winner

Kaylee Isaacs 2011-2012

Marietta Daily Journal All County 1st Team 2016

Kira Stanley

Kayli Moody

Alex Lacy

Grayson Rolf

NCAA or NAIA Scholarship Recipients (current)

Audrey Smith

Lee University

Heather Hall

Covenant College

Caroline Pepper

Covenant College

Andie Whitfield

Univ of North Ga